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Meat



Poultry



Fish



Eggs



Cheese



Potatoes



Dried



Money-Saving main dishes



150 Tested Recipes
Especially Prepared by the
Bureau of Human Nutrition and Home Economics
To Help You Save Food

A Message to Americans

This Nation is faced today with a double-edged problem. We must fight high prices at home and hunger abroad.

In the present economy, homemakers of the Nation are beset with the many problems high living costs create. The household budget is being stretched to cover essential needs. Food costs make up a large share of these needs.

It is in the interest of every homemaker, dietitian, and nutritionist to keep down these costs by thrifty buying and wise use of economical foods. Menus which feature less costly cuts of meat and economical foods in plentiful supply will extend the purchasing power of the dollar and, at the same time, assure well-balanced nutritious diets. Furthermore, their use will contribute to world peace by conserving grain so badly needed overseas.

This booklet suggests about 150 main dishes that nourish and satisfy and enable homemakers to save money.

In following these suggestions, you may be sure that you will be helping yourself, helping your country, and doing your share for the cause of world-wide peace.

Sincerely yours,



Lincoln P. Henderson
Secretary of Agriculture.

Practical suggestions on preparing . . .

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What shall we have for dinner



THIS is easy to answer after you have decided on the main dish.

The main dish is especially important in meal planning. It is the hub around which the rest of the meal is built, and often it carries a large proportion of the cost of the meal. Usually the main dish is the main source of protein—so essential to building and repairing body tissues.

In this booklet are recipes and suggestions for about 150 main dishes—easy to make, hearty, and economical. Each gives four liberal servings.

Besides tasting good and satisfying the appetite, these main dishes in general furnish about a sixth of the day's needs for protein. The remainder of the protein will come from milk used as a beverage, from cereals and bread, and from other foods eaten as part of the dinner and at the other meals of the day.

There are many kinds of protein, some more valuable than others. The proteins in meat, poultry, fish, eggs, milk, soybeans, peanuts, and wheat germ are high in quality. Other proteins, less valuable alone, can be improved when combined with high-quality proteins. When cereals and bread, potatoes, and other vegetables are teamed with milk, meat, eggs, fish, or soy flour, the combined protein values are high.

No one food is complete in all nutrients or exactly like any other food. Milk products are high in calcium while meats are low. Meat, poultry, eggs, and beans are good sources of iron but milk is low in it. One kind of B-vitamin abounds in meats, another kind in milk, and a third in whole grains. The best way to be sure of a good diet is to use all varieties of main dishes and wide choices of other foods to complete the meal.

Main Dish Proteins From a Variety of Sources

To supply a sixth of the day's protein requirement, a main dish must contain about $\frac{1}{2}$ ounce of protein for each person, that is, a main dish for four persons must contain about 2 ounces of protein. As commonly served, many main dishes contain more. The protein can come from a variety of foods.

There follows a list of protein foods commonly used in main dishes, together with the quantity needed per person to provide the $\frac{1}{2}$ ounce of protein. The figures may help you to make economical choices of dishes for your family's meals.

**Approximate Amount of Food to Purchase to Provide
About ½ Ounce Protein
(Multiply quantity by number of persons to be served)**

Meat:

Cuts with only small amounts of bone or visible fat (as beef stew meat, veal cutlet, rolled rib roast, round steak, boned rump roast, frankfurters, tongue).....	3 ounces
Cuts with moderate amount of bone and visible fat (as standing rib roast, rump roast with bone, lamb shoulder roast, pork chops).....	4 ounces
Cuts with much fat or bone (such as bacon, pork sausage, spareribs).....	5 ounces or more

Luncheon-meat mixtures (as bologna, frankfurters). 3½ ounces

Chicken (as roasters, stewing hens):

Whole, dressed, as purchased (with head, feet, bone, viscera weighed in).....	4 to 5 ounces
Canned or boneless, lean.....	2 ounces

Turkey, whole, dressed, as purchased (with head, feet, bone, viscera weighed in)..... 3½ ounces

Fish, canned or boneless (as salmon, tuna)..... 2 to 2½ ounces

Eggs, in shell..... 4½ ounces (2 large or 2½ medium sized)

Milk:

Fresh, whole or skim, or buttermilk.....	14½ ounces (1¾ cups)
Evaporated.....	7 ounces (⅞ cup)
Dry, skim.....	1½ ounces

Cheese:

Cheddar.....	2 ounces
Cottage.....	2½ ounces

Peanut butter..... 2 ounces

Soybeans, uncooked..... 1½ ounces

Dry beans, except soybeans (as lima, navy, kidney)..... 2½ ounces

Oatmeal, uncooked..... 3½ ounces

Rice, white, uncooked..... 6½ ounces

Bread, white, without milk..... 7 ounces

Keep in Mind the Basic 7

As you plan your main dishes, keep in mind the Basic 7 food groups. For such planning should be a part of the over-all menu planning which provides for serving foods from each of these seven groups daily:

1. Leafy, green, and yellow vegetables—one or more servings daily.
2. Citrus fruit, tomatoes, raw cabbage, and other high vitamin C foods—one or more servings daily.
3. Potatoes and other vegetables and fruit—two or more servings daily.
4. Milk, cheese, ice cream—children through teen-age should have 3 to 4 cups milk daily; adults should have 2 or more cups daily.
5. Meat, poultry, fish—one serving daily, if possible.
Eggs—four or more a week.
Dry beans and peas, nuts, peanut butter—two or more servings a week.
6. Bread and other cereal foods (whole-grain, enriched, or restored)—every day.
7. Butter and fortified margarine—some daily.

Looking at our national diet, we find that in 1947 more than two-fifths, 41 percent, of our protein came from Group 5—meat, poultry, fish, eggs, dry beans and peas, and nuts. But one-fourth, 25 percent, came from Group 6—bread and other cereal foods. And Group 4—milk, cheese, and ice cream—provided another fourth.

We can then rely on these three food groups to provide the protein of our main dishes. We need not have protein-deficient diets even if we economize on meat. For we can get protein from other foods, using them as suggested in the money-saving recipes given in this booklet.

Meals to Suit the Family

Foods to serve with the main dishes are suggested at the end of each recipe. Choices will depend on available supplies, cost, the season, and what the family likes. When the protein in the main dish is limited, other protein foods are suggested for the menu, as salads or desserts containing egg or milk, to raise the total protein for the meal.

In some homes, noon is the time for the big meal of the day. In others, only at night can the family gather around the dinner table. In still others, where everyone is physically active, a big meal is needed both noon and night, and perhaps also at breakfast. But whenever the meal, the hearty dishes described in this leaflet will help you to use a variety of economical foods to supply the protein your family needs.

If you cannot use the recipe exactly as stated, perhaps one of the suggested variations will be suited to the foods you have at hand, your family preferences, or the facilities you have for cooking.

Meat . . .



MEAT is too valuable, both for its protein and its flavor, to waste any of it. Part of the cook's skill is to make good use of every bit.

Cook meat bones with beans or soup to extract all possible flavor, and nutrients too.

Use rendered fats in gravies and sauces and ground cracklings in quick breads.

The following information on the yield from various cuts of meat will help you decide how much to buy to get enough lean meat for a main dish serving. It will also help you figure the cost per serving.

Much bone or gristle—a pound yields 1 to 2 servings. Examples are shank, brisket, plate, short ribs, spareribs, breast of lamb or veal.

Medium amount of bone—a pound yields 2 to 3 servings. Examples are whole or end cuts of beef round, veal leg or shoulder, ham with bone in; also steaks, chops, or roasts from the loin, rump, or rib sections.

Little bone—a pound yields 3 to 5 servings. Examples are center cuts of beef round, or ham; also lamb or veal cutlets; chuck.

No bone—a pound yields 4 to 5 servings. Examples are ground meat; boneless stew meats; liver or other variety or boneless meats.

Buying Meat

Homemakers who are after good buys at the meat counter will consider the grade and the cut.

By choosing U. S. Good, Commercial, or even Utility grades of beef instead of the top grades, Prime or Choice, you usually pay less per pound for similar cuts. Also you may get more lean meat to the pound since these less expensive meats often have less marbling of fat. It will be worth your while to compare prices in your community.

The cut refers to the part of the animal from which the meat comes. The buyer can save money by using the less tender cuts of beef, the less popular cuts of pork, lamb, and veal, and organ or variety meats such as liver, heart, and kidney when they are available. The protein in these cuts is just as good nutritionally as in the expensive cuts. In some variety meats it is even better. Of course, in comparing prices of cuts you'll need to allow for bone and gristle, which raise the cost of the edible portions.

It pays to know the best ways of cooking the different cuts. Do you know what cut to choose for a pot roast or a stew? There is no hard and fast rule but here is a handy guide for some of the less expensive cuts:

For braising as pot roasts and Swiss steaks	For broiling, frying, or roasting	For simmering as stews and soups
Beef round	Lamb (all cuts)	Neck
Beef rump	Pork shoulder	Plate
Beef flank	Ground meat	Shank
Beef chuck	Liver	Brisket
Beef short ribs	Brains	Kidneys
Heart	Spareribs	
Veal (all cuts)	Pork chops	

To Make Meat Tender

Good cooking can help make any cut of meat a favorite main dish with the family. Here are some of the methods that skillful cooks use for less tender cuts:

Long slow cooking, as for braised meats and stews.—For extra flavor, first brown meat in a little fat. To braise, use little or no liquid except the juices that cook from the meat. Cook, closely covered, with low heat. To stew, add water to partially cover meat, cover kettle, and simmer.

Grinding, pounding, scoring.—The meat grinder helps make meat tender. After grinding, any meat cooks as quickly as a tender cut. Pounding, or scoring with a knife, before cooking is similar in effect to grinding but tenderizes meat less.

Seasonings

Meat itself is usually flavoring enough for the main dish. Meat is often browned in a little fat to develop its flavor. In combination dishes, highly flavored or cured meats such as ham, dried beef, corned beef, and sausage may carry their taste further than fresh meat.

When the meat is limited, other foods will add zest and additional food values. Tomatoes, onions, parsley, chives, green peppers, celery, sour cream, lemon, nippy or smoked cheese—all contribute in both ways.

Other seasonings your family may enjoy with meat are bay leaf, catsup, chili, curry, garlic, marjoram, paprika, sage, soy sauce, sweet basil, tabasco sauce, thyme, Worcestershire sauce. Since these are used in small quantities and keep many months, they are not expensive in the long run.

Main-dish soup

3 or 4 pounds meaty soup bones (beef or veal)

Drippings or other fat

Bay leaf, if desired

3 cups diced vegetables

Salt and pepper

HAVE bones cracked and remove small slivers. Brown in fat in a large kettle. Cover with water, add bay leaf, and simmer until meat is tender enough to fall from bones—3 to 4 hours.

Add vegetables such as onions, carrots, and potatoes during the last half hour of cooking.

Remove bones from broth and skim off fat. Cut up meat and add to the soup. Season to taste.

To Complete the Meal

Serve with green salad and fruit pie. If there isn't much meat, add cottage cheese to salad or serve cheese with pie.

For Variety

Onion Soup.—Omit other vegetables. Slice 4 medium-sized onions and brown in drippings before adding to the meat broth. Serve piping hot, topped with toasted bread sprinkled with grated cheese—the traditional French way of serving.

Beet Soup.—To 1 quart broth and meat add 2 large beets, grated or ground, 1 cup chopped cabbage, and 2 chopped onions. Simmer until vegetables are tender. Season with salt and pepper. Top each serving with sour cream.

Brown beef stew

1 pound boneless stewing beef

Salt and pepper

Flour

Drippings

1½ cups water

3 potatoes, diced

2 onions, sliced

3 carrots, diced

1 cup green beans

CUT meat into inch cubes. Sprinkle with salt and pepper, roll in flour, and brown in drippings.

Add water, cover, and simmer until almost tender—2 to 3 hours.

Add vegetables, season with salt and pepper, and continue to simmer, covered, until vegetables are done. Stir occasionally.

To Complete the Meal

Serve with coleslaw or green salad, and a baked pear or peach for dessert.

For Variety

Green-Tomato Stew.—Use ½ chopped onion in place of sliced ones. Brown with the meat. Use 2 medium-sized green tomatoes, quartered, instead of green beans.

Lamb or Veal Stew.—Use breast or neck of lamb or veal in place of beef and ½ cup diced turnips instead of green beans.

Quick Stew With Hamburg.—Use hamburg in place of stewing meat. Brown the meat, add vegetables and water and simmer. The stew will be done in half an hour or less.

A "boiled" dinner

2 or 3 pounds pork spareribs
1½ cups hot water
4 medium-sized potatoes, pared and halved
1½ cups canned or cooked green beans and liquid
Salt and pepper

BROWN spareribs in frying pan without added fat. Add water and simmer about 1 hour.

Add potatoes to meat and cook until tender—about 25 minutes.

Add beans and liquid the last 10 minutes of cooking. If raw beans are used, add with potatoes.

Season with salt and pepper. Skim off excess fat before serving.

To Complete the Meal

Serve with crisp lettuce, tomato, and celery salad, and apple betty with lemon sauce for dessert.

For Variety

Beef short ribs may be used with longer cooking.

Corned beef, ham hock, or ham bone may be used in place of the spareribs. Cover with water and simmer about 3 hours or until tender. Omit salt, and continue as above. Good with sauerkraut.

A variety of vegetables may be used in a "boiled" dinner. In addition to potatoes, use onions, large pieces of carrot, and wedges of cabbage. Add cabbage about 20 minutes before serving, as it cooks more quickly than the other vegetables.

Scotch meat patties

¾ pound ground beef
⅓ cup milk
¾ cup quick-cooking oats
Salt and pepper
2 tablespoons fat
1 cup water
¼ cup chopped celery
¼ cup chopped green pepper
¼ cup chopped onion
1 teaspoon Worcestershire sauce, if desired
1 tablespoon flour

COMBINE meat, milk, oats, 1 teaspoon salt, pepper. Make very thin patties; brown on both sides in fat in frying pan.

Add water and vegetables; season with Worcestershire sauce, salt, and pepper. Cook covered over low heat 30 minutes.

Blend flour with a little cold water, add slowly to the mixture, and cook until thickened, stirring occasionally.

To Complete the Meal

Serve with candied sweetpotatoes, cabbage and carrot salad, with fruit and cookies for dessert.

For Variety

Meat Balls and Tomato Sauce.—Form the meat mixture into small balls and brown in fat. Remove, and brown the vegetables in the fat. Add ½ cup water and ½ cup tomato paste. Add meat balls and seasonings and cook covered over low heat. Thickening may not be needed. Serve over spaghetti.

Kidney stew

1 veal kidney
1 cup diced potato
1 small onion, sliced
 $\frac{3}{4}$ teaspoon salt
1 tablespoon flour
1 tablespoon melted fat
1 egg yolk, if desired
Chopped parsley
1 tablespoon lemon juice

CUT the kidney in half and wash well. Remove skin, blood vessels, connective tissue, and fat.

Cover kidney with cold water, heat slowly to boiling, discard the water, and repeat the process until there is no strong odor and no scum on the water. Add about 1 quart fresh water and simmer kidney until tender.

Remove kidney from broth and cut into small pieces.

Cook potato and onion in the broth. Add kidney and salt. Thicken with blended flour and fat and cook a few minutes.

Stir some of the stew into the beaten egg yolk. Mix all together and add parsley and lemon juice. The heat of the stew will cook the egg sufficiently.

To Complete the Meal

Serve with a green or yellow vegetable, apple and raisin salad, cookies or cake for dessert.

For Variety

Beef kidney may be used in place of veal if desired.

Soy meat loaf

$\frac{3}{4}$ pound ground meat
 $1\frac{1}{2}$ cups vegetable liquid, tomato juice, or milk
2 ounces salt pork, diced (about $\frac{1}{3}$ cup)
2 tablespoons chopped onion
 $\frac{1}{2}$ cup chopped celery
 $\frac{3}{4}$ cup soy grits
2 tablespoons chopped parsley
2 teaspoons salt
 $\frac{3}{4}$ cup bread crumbs
 $\frac{1}{8}$ teaspoon pepper

SELECT one kind of meat or a mixture of two or more kinds.

Blend vegetable liquid, tomato juice, or milk with the meat.

Fry salt pork until crisp and remove from fat. Cook onion and celery in the fat for a few minutes.

Add all the ingredients to the meat and mix well.

Pack mixture into a loaf pan or mold it into a loaf and place in an uncovered baking pan.

Bake loaf in a moderate oven (350° F.) until well done and brown—about 1 hour.

To Complete the Meal

Serve with baked potatoes or squash, peas, green salad, with apple crisp or peach cobbler for dessert.

For Variety

To vary the flavor, serve the loaf with brown gravy or tomato sauce.

Sweet-sour spareribs, Chinese style

2 pounds spareribs
1½ cups water
¼ cup raisins
½ teaspoon salt
2 green peppers, cut in 6 pieces each
1½ tablespoons cornstarch
¼ cup sugar
¼ cup vinegar
Soy sauce

CUT spareribs into serving portions and brown in a frying pan over moderate heat—about 5 minutes on each side.

Add ½ cup of the water, the raisins, and salt.

Cover pan tightly and cook over very low heat 20 minutes.

Add green peppers. Stir in cornstarch blended with sugar, vinegar, and 1 cup of water.

Cover and continue cooking over low heat for 30 minutes. Stir occasionally and add more water as needed to prevent drying. Before serving add soy sauce to taste.

To Complete the Meal

Serve with rice or hominy grits and a green salad. Baked pears would make a good dessert.

Spareribs in Another Way

Baked Spareribs.—Bake spareribs in a moderate oven (325° F.) until the meat is tender—about 1½ hours. Baste several times with a barbecue sauce, if desired.

Pork shoulder with savory stuffing

SKIN a 5- to 6-pound fresh pork shoulder and remove bones.

Sprinkle meat on inside with salt and pepper, and pile in some of the stuffing. Begin to sew edges of shoulder together to form a pocket, and gradually work in the rest of the stuffing. Do not pack tightly.

Sprinkle outside of shoulder with salt and pepper, and if desired with flour also.

Place the roast, fat side up, on a rack in a shallow uncovered pan. Roast without water, in a moderate oven (325° F.) until tender—about 4 hours for a 5-pound shoulder. Turn roast occasionally. Remove strings before serving.

Serve with sweetpotatoes, fried apples, celery salad, and raisin pie.

Savory Stuffing

¼ cup diced celery and leaves
1 tablespoon diced onion
1 tablespoon chopped parsley
2 tablespoons fat
2 cups soft bread crumbs
¼ teaspoon savory seasoning
Salt and pepper

COOK celery, onion, and parsley in fat for a few minutes.

Add bread crumbs and seasonings and stir until well mixed. This stuffing may be used with other meats and with poultry. Sausage, chopped tart apples, or chopped nut meats may be added.

Swiss steak

1 pound beef or veal rump or round,
cut about 1 inch thick

Salt and pepper

Flour

Fat

2 cups cooked or canned tomatoes or
tomato juice

SEASON meat with salt and pepper, sprinkle with flour. Pounding helps make the meat tender.

Cut meat into serving pieces and brown in fat.

Add tomatoes or juice, cover, and simmer gently until meat is tender—about 2 to 2½ hours.

To Complete the Meal

Serve with mashed potatoes, corn, lettuce salad, and prune whip.

For Variety

Swiss Steak With Brown Gravy.—Use water instead of tomatoes. When done, remove meat, add water if needed to make 1 cup total liquid, and if necessary thicken with flour blended with cold water.

Swiss Steak, Onion Gravy.—Add 2 cups sliced onions to Swiss Steak With Brown Gravy during the last half hour of cooking.

Spanish Steak.—Follow recipe for Swiss Steak, using ¾ pound meat. Brown ½ cup chopped onion and 1 chopped green pepper in fat. Cook 1 cup macaroni in boiling salted water. Mix macaroni, onions, and pepper with the tomato sauce and serve over meat.

Sausage with sweet-potato and apple

½ pound sausage

2 medium-sized sweet potatoes

3 medium-sized apples

½ teaspoon salt

1 tablespoon flour

2 tablespoons sugar

½ cup cold water

1 tablespoon sausage drippings

CUT link sausage into ½-inch pieces. Fry until well done. If bulk sausage is used, shape it into small balls before frying or break it up as it cooks.

Pare and slice potatoes and apples.

Mix salt, flour, and sugar together and blend with cold water.

Arrange layers of potatoes, apples, and sausage in a baking dish, pouring some of the flour and sugar mixture over each layer. Top the dish with apples and sausage, and add drippings.

Cover; bake in a moderately hot oven (375° F.) until apples and potatoes are tender—about 45 minutes.

To Complete the Meal

Serve with a crisp green salad. For dessert have a well-chilled creamy rice pudding made with eggs and milk to supplement the protein from the small serving of meat.

For Variety

Thin slices of smoked shoulder, or shoulder pork chops sliced thin and well browned, may replace the sausage.

Poultry . . .



A FAVORITE main dish is chicken, turkey, or other poultry. Like meat, poultry has protein of high quality and is also a good source of iron, phosphorus, and B vitamins.

In retail markets poultry may be purchased alive, dressed, or eviscerated, or cut in pieces for serving.

Dressed weight means the bird has been bled and picked but not drawn. It may be drawn and cut up while you wait, but the price you pay is computed on the basis of weight with head, feet, and viscera included.

Eviscerated or fully drawn weight means the bird has been bled and picked and that head, feet, and all viscera have been removed.

An eviscerated chicken weighs about 20 percent less than the dressed weight.

Chickens are marketed in four classes based primarily on their weight and age: Broilers, fryers, roasters, and stewing hens.

Broilers are approximately 8 to 12 weeks old—dressed weight not over $2\frac{1}{2}$ pounds, eviscerated weight not over $1\frac{3}{4}$ pounds. Fryers are 13 to 20 weeks old—dressed weight from $2\frac{1}{2}$ to $3\frac{1}{2}$ pounds, eviscerated weight $1\frac{3}{4}$ to $2\frac{1}{2}$ pounds. Roasters are 5 to 9 months old—dressed weight over $3\frac{1}{2}$ pounds, eviscerated weight over $2\frac{1}{2}$ pounds.

Stewing chickens—sometimes called “stewers” or “fowl” are mature hens, old enough that the tip of the breastbone has hardened.

Stewing chickens are usually a more economical buy than younger birds. As a rule, they cost less a pound and have a higher proportion of meat to bone than broilers or fryers.

From a 5-pound dressed stewing chicken you get about 2 pounds of waste—viscera, head, feet, and bones—and about 3 pounds of chicken meat, including giblets. This makes 3 to 4 cups of meat after cooking—enough for the main dish for two or even three meals for a family of four if extended dishes are used.

A quarter turkey may be a good buy for the small family or may be on hand in a home freezer. It can be cooked so that it is attractive and as delicious as a whole bird.

Young poultry need not be cooked with added water to be juicy and tender. For mature birds, however, long slow cooking in steam or water is needed to make the meat tender.

Stewed or steamed whole chicken

PREPARE a fully drawn stewing chicken for cooking: Pull out pinfeathers and singe bird over flame; wash well, rinse, and dry. Clean giblets.

Stewed Whole Chicken.—Place the bird on a rack in a kettle and add water to half cover bird. Salt water lightly. Cover kettle and simmer until chicken is tender, turning occasionally for even cooking. Three to 4 hours will probably be needed.

Cook giblets with the chicken, removing them as soon as done.

Cool chicken in broth, breast down, an hour or more.

The whole bird may be browned with or without stuffing. Coat it with fat, place it breast up on a rack in a shallow open pan, and brown in a moderate oven (about 350° F.).

Steamed Whole Chicken.—Follow the same general directions as for stewing, but add water only to the level of the rack in the kettle and keep the bird breast up all the time. As the water boils away, add more. Cooking time will be about the same as for stewed chicken—3 to 4 hours.

Stewed or Steamed Chicken, in Pieces

Cut a stewing chicken into pieces suitable for serving. Simmer in water to cover, or steam. Pieces take about as long to cook as a whole bird.

Chicken with dumplings

1 stewing chicken cut in pieces and stewed

3 to 4 cups broth

6 tablespoons chicken fat

3 to 6 tablespoons flour

Salt and pepper

REMOVE pieces of chicken from the broth and keep them hot. Skim fat from broth.

Blend fat and flour, stir in several spoonfuls of the broth, and pour the mixture into the rest of the broth, stirring constantly.

Cook this gravy until it is slightly thickened. Season to taste.

Dumplings

$\frac{3}{4}$ cup sifted flour

$2\frac{1}{2}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

1 egg

$\frac{1}{3}$ cup milk

SIFT flour, baking powder, and salt together.

Beat egg, add milk, and mix with the dry ingredients.

Drop by small spoonfuls on boiling chicken gravy, cover tightly, and cook 15 minutes. The cover must not be removed while the dumplings are cooking, for if the steam escapes they will not be light.

To Complete the Meal

Serve with broccoli or other green vegetable, gelatin vegetable salad, date and nut pudding.

Curried chicken with carrots

1 stewing chicken cut in pieces and stewed or steamed
3 tablespoons chicken fat
1 pint chicken broth
1/2 cup sliced onion
3 tablespoons flour
1/4 teaspoon curry powder
2 cups cooked shredded carrots
Salt

TAKE cooked chicken from the broth. Skim off fat and measure quantities of fat and broth needed.

Make sauce: Cook onion in fat for a few minutes. Blend in flour and curry powder. Add broth, and cook until smooth and thickened, stirring constantly.

Mix chicken and carrots with sauce. Add salt to taste.

Left-over cooked lamb, pork, or veal may be used instead of chicken.

To Complete the Meal

Serve with a border of flaky rice and a green vegetable. Start the meal with tomato juice and have fruit sundae for dessert.

For a company meal pass a relish dish of several of the following: Chopped hard-cooked eggs, chopped peanuts, sweet pickle relish, finely diced celery, chopped raw onion. Include shredded fresh coconut, too, if you live where it is available and inexpensive. Guests can sprinkle these tidbits over the rice and chicken as desired.

Roast turkey quarter

RUB inside of cleaned turkey quarter with salt. To keep meat from drying, fasten skin with skewers over meat at bone edge all around cavity. Or with heavy cord and big needle lace across cavity, catching the skin with each stitch.

With a front quarter, sew wing tightly to body or fasten with skewers put in firmly at an angle. With a rear quarter, sew drumstick to tail.

Place quarter, skin side up, on a rack in roasting pan. Cover with thin greased cloth or brush skin with fat. Do not add water. Do not cover pan. Roast in a very moderate oven (325° F.), basting several times with drippings.

Front quarters weighing under 5 pounds need 45 to 55 minutes per pound; more than 5 pounds, 40 to 50 minutes per pound.

Rear quarters weighing under 5 pounds need 50 to 60 minutes per pound; those weighing more than 5 pounds, 45 to 55 minutes per pound.

Stuffing may be prepared and baked while the turkey cooks or, if preferred, quarters may be stuffed and then roasted. Use heavy paper to hold stuffing in place.

A turkey half, often economical for the larger family, may be roasted in much the same way as a quarter. Roast at 300° F., allowing 35 to 40 minutes per pound for a half weighing 7 to 9 pounds.

Serve with mashed potatoes or turnips, snap beans, cranberry relish, and fruit pie.

Cooked and canned meats and poultry . . .



YOU can often save time and money by purchasing meat that will serve for two or more meals. Buy a smoked pork shoulder, a pot roast, or a stewing hen and plan your menus around one of these for several days.

Since meat is one of our more expensive foods, you may want to economize by reducing the size of meat servings. But meat is one of our best-liked foods. We want to keep the savory meat flavor in main dishes and provide enough protein in the family diet, too. Fortunately, both economy and sturdy meat servings can be achieved by wise use of meat-extending main dishes, using cooked and canned meats.

Least expensive of the meat extenders are the cereal foods—bread crumbs in meat loaf, biscuit topping on a chicken pie, macaroni with meat in Italian-style dishes, rice cooked in chicken stock as in chicken risotto. The meat protein supplements the protein in the cereals and the result is a nutritious main dish.

Or you may want to extend a comparatively small amount of cooked meat with other high-protein foods such as milk, eggs, or cheese. These are the makings of such main dishes as creamed lamb, ham and egg scramble, or a beef and vegetable casserole with a cheese topping.

When there is too little meat left for the basis of a main dish, use these small amounts for flavor and whatever protein they give. Try bits of cooked meats or poultry to season scalloped potatoes, macaroni, soups, salads, or sandwich spreads. If chicken or turkey skin has a good flavor, grind it and add to gravy or a casserole mixture.

Some of the cooked luncheon meats are relatively low-priced. And they are as protein-rich as many of the more expensive meats. For example, 1 pound of bologna has as much protein as a pound of smoked ham and even a little more than a pound of beef with a moderate amount of bone and fat. In buying canned meats, watch carefully the cost per pound. Many canned meats cost more than fresh but some provide economical main dishes, especially if extended with other foods.

Meat and meat broth spoil easily. So they should be kept very cold and used before they stay in the refrigerator too long. Wrap cooked or luncheon meat in waxed paper or put in a covered container before storing in a cold place.

On the following pages are suggestions for extended dishes using cooked and canned meat and poultry. Other recipes will be found in the sections on potatoes and on cereal foods. Look in the index for page numbers.

Browned hash

1½ cups chopped cooked meat
3 cups chopped cooked potatoes
1 onion, finely chopped
Broth or milk
Seasoning to taste

THE meat, potatoes, and onion may be chopped by hand or put through the food grinder, depending on the texture desired. Mix meat, potatoes, and onion thoroughly. Moisten with a little broth or milk, if desired, and season to taste. Spread mixture in an even layer in a lightly greased frying pan.

Cook slowly until browned on the bottom. If desired, turn and brown on the other side.

Turn hash out on a platter and garnish with parsley.

To Complete the Meal

Serve with cream of tomato soup, cooked green cabbage with grated cheese, and baked apple.

For Variety

Hash Cakes.—Make the meat and vegetable mixture into flat cakes and fry slowly on both sides until crusty.

Pork and Potato Fry.—Chop 1½ cups canned cured pork loaf and brown it lightly in a frying pan. Add 3 cups sliced or diced cooked potatoes and cook until brown on one side. Turn and brown on the other side.

Chop suey

1 medium-sized onion, sliced thin
1 green pepper, cut in slivers
1½ tablespoons fat
1½ cups celery, cut in slivers
2 hard tart apples, if desired
1 cup thin gravy or broth
1½ cups cooked and diced lean pork
Soy sauce and salt

BROWN onion and green pepper in fat.

Mix in the celery and the apple cut into small thin slices.

Add gravy or meat broth. Cover and cook 5 minutes.

Add meat and season to taste with soy sauce and salt. If desired, thicken with a little corn-starch mixed with water.

Heat thoroughly.

To Complete the Meal

Serve with flaky cooked rice, beets, lettuce salad, almond or oat-meal cookies.

For Variety

Cooked chicken, turkey, or beef may be used in the chop suey instead of pork.

Other vegetables may be used—carrots, radishes, Jerusalem artichokes, bean sprouts. Brazil nuts, thinly sliced, are also good.

Fried noodles may also be served with the chop suey mixture to add crispness.

Chicken à la king

3 tablespoons fat
2 tablespoons flour
1/2 cup milk
1 cup chicken broth
Salt and pepper
1/2 green pepper, diced
1/2 cup mushrooms, cut in pieces
1 egg yolk
1 1/2 cups diced cooked chicken
1 pimiento, chopped

MAKE white sauce: Melt 2 tablespoons of the fat and stir in flour. Add milk and broth and cook until thickened, stirring constantly. Season with salt and pepper.

Melt the remaining tablespoon of fat, add green pepper and mushrooms and cook a few minutes over low heat.

Beat egg yolk, stir in a small quantity of white sauce, and add to rest of sauce.

Add the rest of the ingredients and cook until mixture is hot.

Serve in patty shells or on crisp toast, mashed potatoes, or waffles.

To Complete the Meal

Serve with green peas, carrot and raisin salad, and lemon chiffon pie.

For Variety

Cooked turkey, giblets, ham, veal, pork, or tuna fish may be used instead of chicken.

Cooked rabbit meat may be used. Add 1/2 teaspoon grated onion and 1/2 tablespoon lemon juice to the recipe for chicken à la king.

Chicken timbales

1 1/2 cups cooked rice
1 1/2 cups diced cooked chicken
1 tablespoon finely diced onion
2 eggs, beaten
1 cup milk
1/3 cup chicken broth or milk
1/2 teaspoon salt
Pepper

MIX all ingredients together.

Divide mixture among custard cups or individual baking dishes.

Place cups in pan of very hot water and bake in a moderate oven (350° F.) about 30 minutes or until a knife inserted in the center of timbale comes out clean.

To Complete the Meal

Serve with glazed carrots, spinach with lemon, pear salad with cream or cottage cheese and nuts, and gingerbread for dessert.

For Variety

Cooked ham, pork, turkey, fish, or rabbit may be used in place of the chicken.

If you have less than the 1 1/2 cups of chicken (or other meat) the recipe calls for, stretch the meat with sliced hard-cooked eggs and cooked peas. For a company meal, add mushrooms, fresh or canned.

Creamed mushroom sauce may be served on the timbales.

Cooked macaroni, spaghetti, or noodles may be substituted for the cooked rice.

Luncheon meat cups

2 tablespoons fat
2 tablespoons flour
1 cup milk
Salt and pepper
2 cups cooked peas, seasoned
1 tablespoon fat
8 thin slices luncheon meat

MAKE white sauce: Melt the fat blend in flour, and add milk slowly. Cook until thickened, stirring constantly. Add salt and pepper to taste.

Add peas to sauce and heat.

Melt fat and brown luncheon meat, allowing edges to curl to form cups. Put 2 cups together for each serving and fill with the hot creamed peas.

To Complete the Meal

Serve with hash browned potatoes and a mixed fruit salad, with baked custard or gelatin whip.

Other Ways To Use Luncheon Meat

Broiled.—Brush luncheon meat slices with fat. Broil lightly. Serve with broiled tomato slices sprinkled with grated cheese.

"Birds."—Place stuffing on thin slices of luncheon meat, roll, and fasten with skewers or toothpicks. Brown lightly and cover the pan until the birds heat through.

Salad.—Mix diced luncheon meat with chopped pickles, celery, and carrots. Add salad dressing.

Curried lamb

1 cup diced celery with tops
1 medium-sized onion, diced
2 tablespoons drippings
2 cups diced cooked lean lamb
 $\frac{2}{3}$ cup brown gravy
 $\frac{1}{8}$ teaspoon curry powder
2 drops tabasco sauce, if desired
Salt

BBROWN celery and onion slowly in drippings.

Add meat, gravy, and seasonings. Use a larger quantity of curry powder if desired.

Stir over low heat until well mixed and hot. If too dry, add boiling water.

To Complete the Meal

Serve with flaky cooked rice, snap beans, coleslaw, and for dessert sweetpotato pie or pineapple chiffon pie.

For Variety

To make a savory meat pie: Omit the curry powder and tabasco sauce. Pour heated meat, vegetables, and gravy into a casserole and top with crisp, golden brown baking powder biscuits just before serving.

Green peas and small potatoes may be added to or used in place of the onions and celery in the meat pie.

Serve crisp tossed lettuce salad with the meat pie, and for dessert have a pineapple and orange cup and oatmeal cookies filled with raisins and peanuts.

Fish . . .



FISH—fresh, frozen, canned, or salted—provides high quality protein. And it lends interesting flavor and variety to meat planning.

Different kinds of fish vary greatly in price per pound. Some cost twice as much as others, depending on the season, local supply, and the preference of buyers.

Fresh fish may be whole, drawn, dressed, or in fillets or steaks. Whole fish are sold as they are caught. Drawn fish have only the viscera removed. Dressed fish have the viscera, head, tail, and usually the fins removed. Fillets are boneless slices of fish cut lengthwise away from the backbone. Steaks are crosswise slices, usually $\frac{3}{4}$ to 1 inch thick, still including bones.

There is no waste when you buy fish fillets. And there is very little bone or waste in fish steaks—only about 9 percent. Dressed whole fish may come at cheaper prices than fillets or steaks but remember that they include considerable waste.

One pound whole fish makes only two servings after being cleaned and fully dressed. But a pound of boneless fillets makes four servings, allowing a fourth pound to each person.

A pound of fish steaks provides the suggested 2 ounces of protein for a main dish which serves four.

Some fish contain more fat than others. Fat fish are usually best for baking and boiling. And lean fish are better for cooking in water or steam, or for making chowders.

Frozen fish are a wonderful boon to inlanders. They give us the fish we want at any time of year. And the flavor is fresh. Before cooking a frozen fish, thaw it slowly if there is time—in a refrigerator or other cold place. If you are in a hurry, cook it slowly for a longer period. Never permit frozen fish to thaw and refreeze.

You will find five different species of canned salmon on the market. Chinook or King salmon is salmon red or lighter, with a firm flesh. Red or Sockeye salmon is firm-fleshed and deep orange colored. These two varieties are generally higher priced than the other three.

Medium red, Coho, or Silver salmon is the third variety and has fairly firm flesh, deeper colored than Chinook and lighter than Sockeye. Pink salmon is pale pink with a less firm texture. And it is more abundant. Chum salmon is light pink or white and contains a little less oil.

Fish patties

1½ cups flaked cooked or canned fish
1½ cups dry mashed potatoes
1 tablespoon finely chopped onion
½ teaspoon salt
1 egg
Pepper
Flour
Fat

COMBINE all ingredients except flour and fat.

Shape mixture into patties, roll in flour, and brown in fat.

To Complete the Meal

Serve with pickled beets, a green vegetable, celery, and for dessert molded cornstarch pudding with a sauce of cooked dried apricots.

For Variety

Fish-Potato Puffs.—Add 2 egg yolks instead of a whole egg to the mixture of fish and potato; add seasonings and fold in stiffly beaten egg whites. Put mixture into greased custard cups and bake in a moderate oven (350° F.) 30 minutes.

Salt Fish Balls.—Use 1 cup of salt fish. Soak the fish in lukewarm water until freshened, changing the water once or twice. An hour or two is usually long enough. Simmer in water until tender, drain, and shred. Stir fish into mashed potatoes. Omit onion and salt. Mix well with the other ingredients. Form into balls and dip in flour. Fry in shallow or deep fat, or bake in the oven.

Fish and noodles

3 tablespoons chopped onion
⅓ cup diced celery
1 tablespoon fat
½ teaspoon salt
Pepper
1⅔ cups cooked or canned tomatoes
1⅔ cups cooked noodles
2 cups flaked cooked fish
Crumbs mixed with melted fat

COOK onion and celery in fat a few minutes.

Add salt, pepper, and tomatoes and heat to boiling. (2 cups raw tomatoes, cut in pieces, may be used instead of 1⅔ cups cooked.)

Put alternate layers of noodles, fish, and hot tomato mixture into a greased baking dish. Top with crumbs.

Bake in a moderate oven (350° F.) 20 minutes or until the mixture is heated through and the bread crumbs are browned.

To Complete the Meal

Serve with snap beans or asparagus, a green salad, and cup cakes.

For Variety

Use cooked spaghetti or macaroni instead of noodles.

Instead of tomatoes, use cheese sauce—a thin white sauce to which ½ cup grated sharp cheese has been added for each cup of sauce. Sprinkle with grated cheese the last 10 minutes of baking.

Jellied fish salad

1 tablespoon gelatin
1/4 cup cold water
1/2 teaspoon salt
1/2 teaspoon celery seed
1/4 cup vinegar
1/4 cup water
2 eggs, beaten
2 cups flaked cooked or canned fish

SOFTEN gelatin in cold water. Add seasonings, vinegar, and water to eggs. Cook over boiling water until thickened, stirring constantly.

Add gelatin and stir until it is dissolved.

Add fish and mix thoroughly. Pour into individual molds or large ring mold and chill.

To Complete the Meal

Serve scalloped potatoes with chives, cooked carrots, and for dessert floating island with a topping of a bright, tart jelly.

For Variety

A Hearty Salad.—Place cold flaked cooked fish in lettuce cups. Surround with slices of tomatoes and cucumbers (in season), very thin slices of cooked boiled potato sprinkled with french dressing, slices of hard-cooked eggs.

A Cold Platter.—Serve chilled salmon which has been boned and cut into serving-size pieces. Surround with slices of tomatoes and mounds of tossed green salad.

Fried fish cutlets

1 to 1 1/2 pounds fresh fish cutlets (salmon, cod, rosefish, or haddock)
1 egg
1 tablespoon water
3/4 tablespoon salt
1 cup fine bread crumbs
Fat

CUT fillets in serving pieces. Beat egg, water, and salt. Dip the fish in this mixture and roll in crumbs.

Heat fat in frying pan, put in the cutlets, reduce heat, and cook slowly for 10 to 15 minutes, until the fish is done through and golden brown on both sides.

Drain on absorbent paper. Garnish with lemon and parsley.

To Complete the Meal

Serve with baked potatoes, creamed onions, asparagus salad or mixed vegetable salad, and gelatin fruit dessert.

For Variety

Baked Fish Cutlets.—Place the crumbed fish in a greased shallow baking pan, allowing space between pieces. Dot with fat and bake in a hot oven (500° F.) 10 minutes.

Fish Baked in Milk.—Omit egg and crumbs. Place pieces of fish in shallow baking pan. Pour over a little top milk, sprinkle with salt, and dot with fat. Bake in a moderate oven (350° F.) until fish is tender—about 25 minutes.

Salmon loaf

2 cups flaked canned or cooked salmon
3 tablespoons fat
3 tablespoons flour
1 cup milk and salmon liquid
Salt and pepper
2 tablespoons minced parsley
2 cups bread cubes
1 egg, beaten

DRAIN canned salmon, saving the liquid.

Make sauce: Blend fat and flour together. Add enough milk to the salmon liquid to make 1 cup, and stir slowly into the fat and flour. Cook until thickened, stirring constantly. Add seasonings.

Mix the sauce with the other ingredients. Form into loaf.

Bake in uncovered pan in a moderate oven (350° F.) about half an hour, or until brown.

To Complete the Meal

Serve with baked sweetpotatoes, creamed celery or peas, a green vegetable salad, and a fruit whip.

For Variety

To give extra flavor to salmon loaf, add 1/2 cup coarsely chopped sweet pickle and 1 teaspoon grated onion to mixture before baking.

Use cooked cod or haddock in place of the salmon.

Serve fish loaf with egg sauce made by adding to 1 cup white sauce 2 sliced hard-cooked eggs and 1 tablespoon grated horseradish, more or less to suit taste.

Stuffed fish fillets

3/4 cup finely cut celery
3 tablespoons finely chopped onion
6 tablespoons melted fat
3 cups coarse bread crumbs
3/4 teaspoon salt
Pepper
2 tablespoons chopped parsley
1 teaspoon thyme or other savory seasoning
1 to 1 1/2 pounds small fish fillets
Fine crumbs
2 tablespoons fat

COOK celery and onion in fat for a few minutes.

Add bread crumbs and seasonings, and mix well.

Place stuffing on skin side of salted individual fillets. Roll and fasten with toothpicks.

Roll the stuffed fillets in fine crumbs and brown in fat in a frying pan. Cover and cook over low heat until tender—about 10 minutes.

To Complete the Meal

Serve with tartar sauce, boiled or baked potatoes or squash, green lima beans, cabbage and carrot salad, and lemon pie.

For Variety

Lay one fillet in greased baking dish; brush with fat, sprinkle with lemon juice, and cover with stuffing. Place second fillet on stuffing, sprinkle with crumbs, dot with fat, and bake uncovered in moderately hot oven (350° to 375° F.) about 35 minutes. Baste occasionally with melted fat.

Curried fish

- 1½ to 2 pounds dressed fish
- 2 tablespoons fat
- 1 tablespoon chopped green pepper
- 1 small onion, chopped
- ¼ cup chopped celery
- 2 tablespoons flour
- 1 cup liquid (liquid from simmered fish plus milk)
- Curry powder
- Salt
- 2 to 3 cups hot cooked rice
- 2 tablespoons chopped parsley

SIMMER fish about 10 minutes in a small quantity of water in a shallow pan. Drain and save liquid.

While the fish is cooking, make sauce: Melt fat and cook green pepper, onion, and celery in it a few minutes. Stir in flour, then add the fish liquid, with milk to bring the quantity to 1 cup. Cook until thickened, stirring constantly.

Add curry powder and salt to taste. The amount of curry powder may vary from ⅛ to 1 teaspoon.

Remove skin and bones from the cooked fish. Arrange fish on a hot platter with a border of flaky rice. Pour sauce over fish, and sprinkle parsley on top.

To Complete the Meal

Serve with a cooked green or yellow vegetable, citrus fruit salad, and cottage pudding with caramel sauce.

For Variety

Curried Shrimp.—Instead of the fish, use shrimp.

Salmon, rice, and tomatoes

- 2 cups cooked or canned tomatoes and juice
- ¼ cup diced onion
- ¼ cup diced green pepper
- 2 tablespoons bacon fat or meat drippings
- 1½ cups boiling water
- Salt and pepper
- ⅓ cup rice, uncooked
- ¼ cup chopped olives, if desired
- 2 cups flaked canned or cooked salmon

COMBINE tomatoes, onion, green pepper, fat, water, salt, and pepper in a large saucepan. Bring to boil. (2½ cups raw tomatoes, cut in pieces, may be used instead of 2 cups cooked.)

Add rice and simmer until rice is tender—20 to 25 minutes—adding more water if needed.

Add olives and fish and cook 2 or 3 minutes longer to blend flavors.

To Complete the Meal

Serve with baked squash, a green vegetable in salad or cooked, with cream pie for dessert.

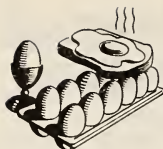
For Variety

Other cooked fish may be used in place of salmon.

One cup of cooked rice may be used instead of the uncooked rice. Omit boiling water. Add the rice, olives, and fish as soon as the vegetables are tender and cook 5 or 10 minutes longer.

Celery may be used instead of the green pepper.

Eggs . . .



EGGs, like cheese, make an excellent basis for main dishes. For they contain fine quality protein. When eggs are plentiful and price permits, eggs often serve as an alternate for meat. If they are the basis of a main dish, you may want to allow more than one egg for each person. It takes eight large eggs to provide the 2 ounces of protein suggested for four persons for a main dish. Of course you may use only one egg per person and increase the protein by adding cheese and milk, as in a cheese omelet.

If the day's dinner lacks a little in protein you can boost the day's supply of this nutrient by using eggs for one of the other meals.

Eggs are cheaper than meat as a source of main-dish protein when the price of eight large eggs is less than the price of a pound of beef with moderate amounts of bone and fat, as rump roast. Or when the price of a dozen large eggs is less than the price of a pound of lean beef with little fat and bone, as round steak.

We describe the quality of eggs in terms of grades which are labeled on egg cartons. These are U. S. Grades AA, A, B, and C. Grades AA and A are usually preferred for cooking in the shell and poaching. For many purposes we may use the lower grades instead of the more expensive top grades. Be thrifty and try the less expensive lower grades in baked foods such as gingerbread or chocolate cake or in dishes with predominant other flavors such as cheese or tomato omelet.

The sizes of eggs really stand for weights. Size classes and their weights per dozen eggs are:

Jumbo.....	not less than 30 ounces
Extra Large.....	not less than 27 ounces
Large.....	not less than 24 ounces
Medium.....	not less than 21 ounces
Small.....	not less than 18 ounces
Pee wee.....	not less than 15 ounces

Large eggs will cost more per dozen than smaller ones. Use the above weights to determine which size gives you the best return for your money. For instance, if medium eggs weighing 21 ounces are 47 cents a dozen ($2\frac{1}{4}$ cents an ounce) they are a better buy than large eggs weighing 24 ounces at 60 cents a dozen ($2\frac{1}{2}$ cents an ounce).

The color of the egg shell depends on the breed of the hen and does not indicate the food value of the egg. So do not pay a higher price for white eggs than for brown ones (or vice versa).

Hot deviled eggs

- 1 1/3 cups cooked or canned tomatoes
- 1/2 green pepper, diced fine
- 1/3 cup diced celery
- 1 small onion, diced fine
- 1 teaspoon Worcestershire sauce, if desired
- 2 drops tabasco sauce, if desired
- 1 teaspoon salt
- Pepper to taste
- 1 tablespoon fat
- 1 tablespoon flour
- 2/3 cup milk
- 6 hard-cooked eggs, sliced
- Crumbs, fat

COOK tomatoes, green pepper, celery, onion, and seasonings together about 20 minutes or until vegetables are tender. (1 2/3 cups raw tomatoes, cut in pieces, may be used instead of 1 1/3 cups cooked.)

Make white sauce: Melt fat, blend in flour, and add milk slowly. Cook over low heat, stirring constantly, until thickened.

Add tomato mixture very slowly to white sauce. Add sliced eggs.

Serve in patty shells or toast cups.

Or put into greased baking dish, sprinkle with crumbs, dot with fat, and brown in a moderately hot oven (375° F.) 10 to 15 minutes.

To Complete the Meal

Serve with asparagus, broccoli, or other green vegetable, and mashed potatoes, with fruit and cookies or pie for dessert.

Egg and toast special

- 4 slices bacon, minced
- 4 slices bread, with 1 1/2-inch holes in centers
- 4 eggs
- Salt and pepper

COOK bacon in a frying pan until half done. Pour off fat. Brown bread slices on both sides in pan while the bacon continues to cook.

Break the eggs into the holes and season. Reduce heat, cover pan, and cook until eggs are done.

Serve with creamed onions, vegetable and cottage cheese salad, and steamed raisin pudding or fruit.

Mexican scrambled eggs

- 2 tablespoons minced onion
- 1/2 clove garlic, minced, if desired
- 1 small green pepper, diced fine
- 2 tablespoons fat
- 1/3 cup sieved cooked or canned tomatoes
- 3 tablespoons water
- 1 teaspoon salt, pepper
- 6 eggs, slightly beaten

FRY onion, garlic, and green pepper in fat. Add tomatoes, water, salt, and pepper.

Cook 3 minutes. Add eggs and cook over low heat, stirring occasionally, until thickened.

Serve with potatoes, snap beans, crisp salad, and upside-down cake made with stewed dried fruit or fresh fruit.

Shirred eggs on spinach

1 to 1½ pounds spinach
½ teaspoon salt
2 slices bacon
Salt and pepper
4 eggs

WASH spinach thoroughly, place in pan, and add ½ teaspoon salt. Cover and cook without added water until tender—5 to 10 minutes.

Chop bacon fine; fry until crisp.

Mix bacon and bacon fat with spinach and season to taste with salt and pepper.

Place hot spinach in a baking dish. Make four depressions in spinach, and break an egg into each.

Cover dish and bake in a moderate oven (350° F.) 20 to 25 minutes or until eggs are firm. If desired, sprinkle grated cheese over the eggs during the last 10 minutes.

To Complete the Meal

Serve with baked sweetpotatoes, fruit salad, and cheese cake or pie with cheese.

For Variety

Shirred Eggs With Cheese.—Place a tablespoon of top milk in a greased custard cup. Break an egg into the cup, add salt and pepper, and bake in a moderate oven (350° F.) until white is nearly firm. Sprinkle with grated cheese and bake until cheese is melted.

Eggs scrambled with luncheon meat

¾ cup diced luncheon meat
1 tablespoon fat
4 eggs, beaten
¼ cup milk
¼ teaspoon salt
Pepper

LIGHTLY brown the diced luncheon meat in fat in a frying pan over moderate heat.

Combine eggs, milk, salt, and pepper and add to the meat.

Cook, stirring constantly, until eggs are done.

To Complete the Meal

Serve with baked potatoes, carrot and celery sticks, and sliced tomatoes or tomato aspic salad. Serve fruit dumplings for dessert.

For Variety

Salami, canned cured pork loaf, frankfurters, or any sliced or canned meats may be combined with eggs in this way for a quick dinner dish.

To "stretch" the eggs when prices are high, add 1 cup soft bread crumbs to the egg mixture before cooking.

Instead of luncheon meat, use ¾ cup diced cheese, adding it to the egg mixture. Garnish with broiled or fried tomatoes or serve with tomato sauce.

Substitute *diced cooked chicken giblets* for the luncheon meat and chicken broth for the milk.

Eggaroni

4 hard-cooked eggs
2 tablespoons fat
2 tablespoons flour
1 $\frac{2}{3}$ cups milk
1 teaspoon minced onion
1/2 tablespoon horseradish, if desired
1 1/2 cups cooked macaroni
Salt and pepper
2 tomatoes
Crumbs mixed with melted fat

CUT eggs in quarters.

Make white sauce: Melt fat, blend in flour, and add milk slowly. Cook, stirring, until thickened.

Add other ingredients except tomatoes and crumbs. Pour into greased baking dish.

Cut tomatoes in quarters and press into top of mixture, leaving skin surface exposed.

Sprinkle crumbs over top and bake in a moderate oven (350° F.) 20 to 30 minutes or until tomatoes are tender.

To Complete the Meal

Serve with spinach or kale, apple and raisin salad, and apricot snow with custard sauce.

For Variety

Cover macaroni mixture with pieces of canned, instead of fresh, tomatoes. Make sauce with juice from tomatoes instead of milk.

Omit tomatoes. Mix 1/2 cup grated cheese with the crumbs and sprinkle over top during last 15 minutes of baking.

Puffy spanish omelet

1 cup cooked or canned tomatoes
1 small green pepper, diced
1/2 onion, diced
1 tablespoon chopped parsley
1/2 cup diced celery
8 to 10 stuffed olives, sliced
4 eggs, separated
1/2 teaspoon salt
1/8 teaspoon pepper
1 tablespoon fat

COMBINE tomatoes, green pepper, onion, parsley, celery, and olives. (1 1/4 cups raw tomatoes cut in pieces may be used instead of 1 cup cooked.) Simmer 15 minutes or until liquid is reduced to a few tablespoonfuls.

Beat egg yolks well. Add salt to egg whites and beat until stiff but not dry.

Gradually fold the beaten egg yolks into the whites and then fold in the cooked vegetables. Add pepper.

Pour the mixture into a hot frying pan containing the fat. Cook over low heat until lightly browned on the bottom. Then bake in a moderate oven (350° F.) 10 to 15 minutes or until browned on top.

Crease the omelet through the center. Fold it over and roll it onto a hot platter.

To Complete the Meal

Serve with thin slices of broiled ham, bacon, or fried little sausages, baked potatoes, greens, and cooked dried fruit.

Cheese . . .



CHEESE is one of our most popular alternates for meat. Like meat, it is an excellent supplement for the protein in bread and other cereal foods—such as macaroni, noodles, and rice.

Cheese is not equal in food value to the milk from which it is made. It contains one of the milk proteins but the other is separated out when cheese is made and is left in the whey.

You can count on half a pound of Cheddar cheese to give you about as much protein as a pound of meat with a moderate amount of bone and fat. And either a half pound of cheese or a pound of meat provides the suggested 2 ounces of protein for a main dish when feeding four. There are 4 cups of grated or diced cheese in a pound. And so 2 cups provide the protein recommended for four.

Cheese is a concentrated food and we often use it in relatively small amounts—less than half a pound in a main dish. But we can bring up the protein by adding other protein-rich foods as we do in adding milk and egg to cheese to make a rarebit.

We lean heavily on milk as a source of our day's protein. But we do not often use it as the basis of a main dish except in such dishes as milk soup or chowder. We are more likely to spread our consumption of milk throughout the day—milk to drink or milk for making main dishes and well-liked desserts—custards, cornstarch puddings, pumpkin pie. It takes 7 cups of milk to furnish the 2 ounces of protein suggested for four persons for a main dish.

Unlike meat and eggs, cheese and milk are low in iron despite their high-quality protein. So if the main dish features cheese, include green vegetables in the meal to make up for the lack of iron.

Cottage cheese also provides protein of good quality. But it is less concentrated than Cheddar cheese, with only four-fifths as much protein per pound. In using cottage cheese as a meat alternate, use about a fourth more by weight than you would of Cheddar cheese. It would take, for instance, 10 ounces of cottage cheese (compared with 8 ounces of Cheddar cheese) to alternate for a pound of beef with a moderate amount of bone. Ten ounces measure about $1\frac{1}{4}$ cups; a pound of cottage cheese measures a little more than 2 cups.

Store cheese in a covered container, or wrap firm kinds closely in paper. Keep all cheeses cold to retard growth of mold.

Cheese puff

6 slices bread
1½ cups ground or grated cheese
2 eggs
1½ cups milk
½ teaspoon salt
Pepper, paprika, and mustard if desired

FIT 3 slices of bread into the bottom of a greased baking dish. Sprinkle with half the cheese and cover with the rest of the bread.

Beat eggs, add milk and seasonings, pour over bread and cheese, and cover with rest of cheese.

Set baking dish in a pan of hot water and bake in a moderate oven (350° F.) about 40 minutes or until custard is set and bread is puffy.

Serve with lima beans or peas, beets, green salad, fruit cobbler.

Cheese fondue

1½ cups milk
1½ cups bread crumbs
⅔ cup ground or grated cheese
1 tablespoon fat
½ teaspoon salt
3 eggs, separated

SCALD milk. Add bread crumbs, cheese, fat, and salt.

Beat egg yolks; add milk mixture. Beat egg whites until stiff but not dry; fold into mixture.

Pour into greased baking dish. Bake in a moderate oven (350° F.) 30 minutes or until set.

Serve with baked squash, a green vegetable, apple-celery salad with nuts, and cookies.

Cheese toast

⅔ cup milk
1½ tablespoons flour
1½ tablespoons water
2 eggs, beaten
½ pound cheese, grated or ground (about 2 cups)
Salt and pepper
1 teaspoon baking powder
8 slices bread

HEAT milk over low heat. Mix flour and water to smooth paste, stir into hot milk. Cook until thickened, stirring constantly.

Add hot mixtures slowly to eggs. Cook a few minutes longer.

Remove from heat and add cheese. Stir until cheese is melted. Season with salt and pepper.

Cool slightly and add baking powder.

Toast one side of bread and spread other side thickly with the cheese mixture.

Brown slowly in broiler or oven.

To Complete the Meal

Serve with beet greens, grated raw carrot salad, and cooked dried apricots or fresh fruit cup with cookies.

For Variety

Add grated onion or chopped chives to the cheese mixture.

Place a slice of tomato (when tomatoes are in season) on cheese mixture, before putting under broiler.

Crisp bacon curls may be added just before serving.

Cheese rabbit (rarebit)

3 tablespoons fat
3 tablespoons flour
1 tablespoon minced onion
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon dry mustard
Paprika, if desired
 $1\frac{1}{2}$ cups milk
 $\frac{1}{3}$ pound cheese, ground or grated
($1\frac{1}{2}$ cups)
1 egg, beaten

MELT fat and blend in flour, onion, and seasonings. Add milk slowly. Cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese.

Pour a little of the sauce into the beaten egg, then pour all back into the sauce. Stir and cook 2 or 3 minutes longer, until cheese is melted.

Serve on toast or crackers.

To Complete the Meal

Serve with lima beans or peas and combination vegetable salad. Have melon or other fresh fruit for dessert.

For Variety

Tomato Rabbit.—Use tomato juice or thin tomato soup instead of milk in the recipe for Cheese Rabbit.

To make the tomato rabbit or the plain rabbit a heartier dish, serve over quartered hard-cooked eggs on toast.

Cottage cheese- pickle-peanut sandwich

$\frac{2}{3}$ cup cottage cheese
 $\frac{1}{3}$ cup peanut butter, coarse grind
 $\frac{1}{3}$ cup diced dill or sweet pickles
8 slices bread
2 tablespoons milk
 $\frac{1}{4}$ teaspoon salt
1 egg, beaten
Fat

COMBINE cottage cheese, peanut butter, and chopped pickles.

Spread the mixture generously on 4 bread slices and cover with the other 4 slices.

Add milk and salt to the beaten egg and mix thoroughly.

Dip both sides of sandwiches quickly into the egg mixture. Do not soak the bread. Brown on both sides in hot fat over moderate heat.

To Complete the Meal

Serve with vegetable soup or a large vegetable salad, and fresh fruit.

Cottage Cheese Salads

Season cottage cheese with finely chopped chives and use for stuffing fresh tomatoes. Or, in winter, use to fill the center of a ring mold of tomato aspic jelly.

Moisten cottage cheese with top milk and season with salt and pepper. Heap in the center of cantaloup rings and sprinkle with pitted cherries.

Dry beans and peas . . .



THERE are dozens of varieties of beans and peas in the world, and for centuries they have been important in the diets of many peoples. In our country, varieties grown and used in some sections are practically unknown in others. The South has its black-eyed peas and black beans, the East and Middle West have their pea beans, soybeans, and kidney beans, and the Southwest and West like pinto beans and chick peas.

Beans and peas, like cereals, contain proteins that are not complete by themselves. In order to have a main dish of cooked beans provide the 2 ounces of protein recommended for four persons, you would have to use 9 ounces of dry navy beans. Nine ounces of dry beans measure about $1\frac{1}{4}$ cups; when cooked, they measure a little less than 3 cups. This would mean large servings—about three-fourths of a cup of cooked beans for each person.

Many persons do not want so bulky a meal; so you may give smaller servings of beans and increase the protein of the dish by adding meat. Or you may serve a cheese salad or a dessert containing cheese, milk, or eggs—as a cheese or custard pie. Or serve more protein than usual at other meals.

In many of the famous national dishes containing beans, other protein foods—as meat or cheese—are included to improve the quality and quantity of the protein of the dish. For example, ham or smoked sausage is often added to split pea soup.

Soybeans are unlike other beans in that their protein is of a high quality. Like milk and eggs, soybeans help improve the proteins found in flour and other cereal foods. To gain high nutritional value for your food dollar you may use soybeans instead of the customary navy or lima beans in many of your favorite recipes. Soybeans do not become mushy when cooked and the flavor of the garden varieties is pleasing. You also may use a little soy flour in baked goods to improve the protein value as well as flavor and keeping qualities.

Beans and peas are economical. For example, if you are using navy beans as your main dish you may find that they cost only about two-thirds as much as the quantity of lean stewing beef needed to supply an equal amount of protein.

Green split peas often cost less than navy beans and a pound provides slightly more protein. Try split peas in main-dish hearty stews and chowders or in other bean dishes your family likes.

Baked chili beans and hamburger

1 1/3 cups dry chili or kidney beans
Water
1/2 pound ground beef
3 tablespoons drippings or other fat
1 medium-sized onion, sliced
1 clove garlic, sliced
1 green pepper, minced
2 cups cooked or canned tomatoes
1 teaspoon salt
Chili powder to taste

SOAK beans overnight in cold water or 4 to 5 hours in luke-warm water to cover. Cook in the same water until almost tender.

Brown meat in fat. Add onion, garlic, green pepper, tomatoes, and salt, and cook a few minutes. (2 1/2 cups raw tomatoes, cut in pieces, may be used instead of 2 cups cooked.)

Add meat mixture and chili powder to beans.

Place in a baking dish or bean pot, cover, and bake in a moderate oven (350° F.) about 2 hours. Uncover during the last half hour to brown the beans if desired.

Or cook the mixture slowly for about 1 hour in a covered kettle on top of the stove. Stir occasionally.

To Complete the Meal

Serve with a large garden salad and fruit betty or apple dumplings.

For Variety

Cook the beans with a ham bone, omitting ground beef and chili powder. Or use 1 cup ham trimmings from a baked ham instead of beef.

Dry bean or pea soup

1 cup dry beans or peas
2 quarts water
1/4 pound salt pork, cut in tiny pieces
(about 2/3 cup)
1 onion
Few stalks celery, if desired
1 tablespoon flour
Salt and pepper

SOAK beans or peas overnight in a quart of cold water or 4 to 5 hours in warm water.

Brown the salt pork and add to the soaked beans or peas. Add the onion, celery, and another quart of water.

Simmer until the beans or peas are tender. If a smooth soup is wanted, press them through a strainer.

Add flour mixed well with a little water and cook, stirring constantly, until thickened. Season with salt and pepper.

To Complete the Meal

Serve with a tomato aspic or fruit salad with cottage cheese, and custard pie.

For Variety

Ham bone may be cooked with the beans, or chopped left-over meat or frankfurters cut into thin slices may be added to the cooked beans.

Hot Pot.—Add a clove of garlic, a little chopped onion, and 2 chili peppers or a teaspoon of chili powder to beans before cooking. After cooking, remove garlic and peppers.

Quick baked beans

- 2 slices bacon
- 3 tablespoons finely minced onion
- 1 tablespoon molasses
- 1½ tablespoons catsup
- ¼ teaspoon salt
- ¼ teaspoon dry mustard
- ½ teaspoon Worcestershire sauce, if desired
- 2 to 3 cups canned or cooked dry beans

FRY bacon, remove from pan, and cook onion for a few minutes in bacon fat.

Add molasses, catsup, salt, mustard, and Worcestershire sauce.

Add beans and mix lightly. Pour into a baking dish. Break bacon into bits and sprinkle over the top.

Bake 20 minutes in a moderate oven (350° F.). Or heat in a saucepan on top of stove, crumbling bacon over the top before serving.

To Complete the Meal

Serve with hot corn bread, carrot and cabbage slaw, with baked custard for dessert.

For Variety

Baked Lima Beans.—Use soaked lima beans and omit molasses. Place in baking dish and add other ingredients, and water to cover. Bake at 350° F. until tender.

Hot Bean Salad.—Omit molasses, add ¼ cup vinegar and ¼ cup water, and cook until the liquid is absorbed. To complete the meal serve quick-cooked green cabbage, crisp strips of celery and carrots, and pumpkin pie with cheese.

Vegetable chop suey

- 1 green pepper, shredded
- 1½ cups shredded onion
- 1½ tablespoons fat
- ¾ cup diced celery
- 1½ cups cooked dry soybeans
- 1½ cups meat broth
- ½ teaspoon salt
- 2 teaspoons cornstarch
- 2 tablespoons water
- 1 cup quartered mild-flavored radishes or sliced carrots

Soy sauce

COOK green pepper and onion in the fat in a frying pan 3 or 4 minutes, turning them often.

Add celery, soybeans, broth, and salt. (Canned bouillon or bouillon cubes and water may be used in place of broth.)

Cover and simmer 5 to 8 minutes.

Blend cornstarch with water, stir into the mixture, and cook until thickened. Add radishes or carrots and soy sauce to taste.

To Complete the Meal

Serve with hot flaky rice, pineapple and cottage cheese salad, with ice cream for dessert.

Another Soybean Recipe

Soybean Souffle.—To 2 cups cooked dry soybeans, ground or sieved, add 2 beaten egg yolks. Season with chopped onion, parsley, salt, and pepper. Fold in stiffly beaten whites of eggs. Pour into a greased baking dish and bake in a moderate oven (325° F.) about 30 minutes or until set.

Bean chowder

1 cup dry beans
 $\frac{3}{4}$ cup diced carrots
 $\frac{3}{4}$ cup cooked or canned tomatoes
1 onion, finely chopped
 $\frac{1}{3}$ cup shredded green pepper
1 tablespoon flour
2 tablespoons water
 $1\frac{1}{2}$ cups milk
Salt and pepper

SOAK beans in 1 quart of cold water overnight.

Cover pan and cook until beans begin to soften. Add vegetables; cook until tender. (1 cup raw tomatoes, cut in pieces, may be used instead of $\frac{3}{4}$ cup cooked.)

Make smooth paste of flour and water and stir into cooking vegetables. Cook 15 minutes longer.

Add milk and seasonings, heat to boiling, and serve.

To Complete the Meal

Serve with a peanut and fruit salad — sections of grapefruit and orange — and for dessert, prune whip with custard sauce. ▽

For Variety

Bean-Tomato Chowder.—Make chowder from left-over baked beans. Cook $\frac{3}{4}$ cup diced carrots, $\frac{1}{3}$ cup green pepper, and 1 onion in $1\frac{1}{2}$ cups water, until tender. Add $\frac{3}{4}$ cup canned tomatoes, 2 cups cooked beans, and seasonings, and reheat. Blend 1 tablespoon flour and 2 tablespoons cold water and stir into the vegetables. Add $1\frac{1}{2}$ cups of milk; reheat.

Savory bean stew

1 cup dry beans or peas
 $\frac{1}{4}$ cup diced salt pork
 $\frac{1}{3}$ cup chopped onion
 $\frac{1}{2}$ pound ground beef
2 to $2\frac{1}{2}$ cups cooked or canned tomatoes
Salt and pepper

SOAK and cook beans or peas as usual.

Fry salt pork until crisp, remove from pan, and brown onion in fat. Add meat and stir and cook slowly a few minutes.

Combine all ingredients, season, and simmer until meat is tender and flavors are blended. ($2\frac{1}{2}$ to 3 cups raw tomatoes, cut in pieces, may be used instead of 2 to $2\frac{1}{2}$ cups cooked.)

To Complete the Meal

Serve with squash, a shredded raw vegetable salad, and lemon sponge pudding.

For Variety

Chile Con Carne.—Add 2 to 4 teaspoons chili powder and a little garlic, if desired, to recipe. Red kidney or California pink beans are favorites for this dish.

Hopping John, Southern Style.—Cook a ham bone in 2 quarts water for 2 hours. Add 1 cup dry peas or beans that have been soaked overnight in cold water. Cook until almost tender. Remove ham bone, add a cup of washed rice; season with salt and pepper. Boil gently about 20 minutes.

Bread and other cereal foods . . .



BREAD and other cereal foods are truly the staff of life for some families and form all or part of the main dish for many of their meals. For many, toast, pancakes, or oatmeal is the main dish at breakfast. And sandwiches form the bulk of their noon or evening meal.

We often think of "cereals" as being only bread and breakfast cereals, forgetting that such foods as macaroni and noodles are cereals too.

Bread and other cereal foods give to the diet of our Nation more calories, more iron, and more thiamine than any other group of foods. They also provide a fourth of our protein. The program of "enriching" white flour and bread has not increased the protein although it has increased other nutritive values we derive from these foods. This high proportion of protein from grains is due largely to the fact that we eat bread and other cereal foods so frequently and not because we get large amounts of protein in any one serving.

A few figures on grain proteins may be helpful. A pound loaf of whole-wheat bread contains about three-fourths as much protein as a pound of lean beef with a moderate amount of bone and fat. You would need to eat one-third the loaf or about seven slices for as much protein as you get in a fourth pound of meat—an average serving.

A pound loaf of white bread "enriched" contains less and poorer quality protein than a pound whole-wheat loaf. You would have to eat about eight slices of white bread to get as much protein as in seven slices of whole-wheat.

Proteins from bread and other cereal foods are not high quality although some are better than others. You can increase the protein value by adding corn or wheat germ or using whole grains—as whole-wheat bread or whole-grain breakfast cereal. Milk, eggs, soy flour or grits, meat, or fish will bring up the protein content of a cereal main dish.

When meat prices are high and you want to stretch your meat dollar, add cereal to meat for a main dish. Cereal foods are economical extenders for meat, fish, eggs, or cheese.

There are a great number of extended dishes. Noodles, spaghetti, rice, or hominy grits may be served with creamed meats, or with meats in brown sauce with or without tomatoes. Macaroni and cheese, rice with eggs and cheese, meat loaf with bread crumbs, and other similar combinations are popular dishes. And we enjoy biscuit crust on stew, waffles or griddlecakes with a little sausage or ham, and dumplings to extend chicken.

Oatmeal griddle-cakes with sausages

2 cups milk
2 cups quick-cooking oats
 $\frac{1}{3}$ cup sifted flour
 $2\frac{1}{2}$ teaspoons baking powder
1 teaspoon salt
2 eggs, separated
 $\frac{1}{3}$ cup melted fat
Cooked sausages

HEAT milk and pour it over the oats. Allow to cool.

Sift together flour, baking powder, and salt.

Beat egg yolks and add to oat mixture. Add melted fat and stir in dry ingredients.

Fold in stiffly beaten egg whites.

Drop the batter by spoonfuls on a hot greased griddle. When the surface is covered with bubbles, turn and brown on the other side. Oatmeal griddlecakes take longer to brown than plain griddlecakes.

To Complete the Meal

Serve the griddlecakes with sirup and the sausages. The rest of the meal may be a large fruit and carrot salad and gingerbread.

For Variety

Apple Griddlecakes.—Add $\frac{1}{4}$ teaspoon cinnamon, 2 tablespoons brown sugar, and 1 cup finely chopped, pared apples to the batter before adding egg whites.

French toast with tomato-meat sauce

2 eggs
 $\frac{1}{3}$ cup milk
 $\frac{1}{4}$ teaspoon salt
8 slices bread
Fat

BEAT eggs, stir in milk and salt. Dip both sides of bread quickly into mixture. Brown on both sides in a little fat, using moderate heat.

Tomato-Meat Sauce

2 cups canned tomatoes or $2\frac{1}{2}$ cups raw tomatoes cut in pieces
 $\frac{1}{2}$ pound ground beef
2 tablespoons chopped onion
2 tablespoons chopped green pepper
Fat
1 tablespoon flour
Salt and pepper

Cook tomatoes until thoroughly softened. Press through a sieve if desired.

Brown beef, onion, and green pepper in the fat. Blend in flour. Add tomatoes slowly. Season with salt and pepper. Cook over low heat, stirring until thickened.

To Complete the Meal

Serve with a green vegetable, peanut and cabbage salad, and fruit and cheese for dessert.

For Variety

Serve the toast with cheese sauce (page 42) and omit dessert cheese.

Whole-wheat scrapple

2 pounds fresh pork (bony cut)
1½ quarts water
1½ cups uncooked fine whole-wheat cereal
Onion
Salt and pepper

COOK pork slowly in water until the meat drops from the bones. Strain off the broth.

Separate bones from meat, taking care to get out all the tiny pieces. Cut meat fine.

Add water to broth, if necessary, to make 1 quart. Bring to boil and slowly stir in the cereal. Cook until thickened, stirring constantly. Continue cooking 15 minutes, stirring frequently.

Add the chopped meat, a little chopped onion, and season to taste with salt and pepper.

Pour the mixture into loaf pans and let stand until cool and firm.

To serve, slice scrapple and brown slowly on both sides in a hot frying pan. If the scrapple is rich with fat, extra fat is not needed for browning.

To Complete the Meal

Serve with baked sweetpotatoes, scalloped or fried apples or applesauce, a green salad, and lemon meringue pie.

For Variety

One cup *corn meal* may be used instead of 1½ cups whole-wheat cereal.

Rice with chicken

1½ cups diced left-over cooked chicken
Chicken bones
Salt
1 onion, chopped
1½ tablespoons chicken fat
½ cup rice, uncooked
Grated cheese

THIS dish may be made with more or less than 1½ cups chicken, but this amount is needed to give enough protein for a main dish for four persons.

Cover bones with water and simmer an hour or longer. Drain off the broth. Add any left-over chicken gravy and water, if needed, to make 1 quart broth. Add salt to taste.

In a large frying pan, cook the onion in fat a few minutes, add chicken broth, and when it boils up rapidly, sprinkle the rice in slowly.

Cover the pan. Simmer rice about 25 minutes or until the grains swell and become soft. Stir with a fork from time to time to keep the rice from sticking.

By the time the rice is done, it will have absorbed the broth, and the grains will be large and separate. Then add the pieces of chicken and more salt if needed. Turn mixture onto a hot platter, and sprinkle generously with grated cheese.

To Complete the Meal

Serve with spinach and hard-cooked egg, celery and carrot sticks, fruit pickle, and apple or peach dumpling or pie.

Noodles, western style

3 ounces noodles (about $2\frac{1}{4}$ cups broken)
 $\frac{1}{2}$ small green pepper, diced
 $1\frac{1}{2}$ tablespoons bacon fat or meat drippings
 $1\frac{1}{2}$ tablespoons flour
2 cups cooked or canned tomatoes
1 tablespoon minced parsley
1 cup chipped corned beef, spiced ham, or dried beef
 $\frac{1}{4}$ teaspoon salt
Pepper

COOK noodles 10 minutes in boiling salted water. Drain.

Cook green pepper in fat in large frying pan until tender.

Blend in flour and add other ingredients. Simmer 5 minutes to thicken. ($2\frac{1}{2}$ cups raw tomatoes, cut in pieces, may be used instead of 2 cups cooked.)

Add noodles and simmer 10 minutes longer.

To Complete the Meal

Serve with cooked cabbage sprinkled with cheese, and cooked carrots. Add a salad of apple, celery, and raisins, and have jelly roll for dessert.

Noodles in Another Way

Noodle Omelet. — Drain the cooked noodles, fry in fat until golden brown; add 4 eggs lightly beaten and seasoned with pepper and salt. Turn into a hot greased frying pan and cook slowly until set and browned on the bottom. Fold onto a hot platter.

Tamale pie

1 cup corn meal
3 cups boiling water
 $1\frac{1}{2}$ teaspoons salt
1 onion, diced
1 green pepper, diced
3 tablespoons fat
 $\frac{3}{4}$ pound ground uncooked meat or $1\frac{1}{2}$ cups ground cooked meat
 $1\frac{1}{2}$ cups drained canned or cooked tomatoes
Chili powder and salt to taste

STIR corn meal slowly into rapidly boiling salted water. Bring to boil over direct heat. Cover, and cook 45 minutes over boiling water, stirring occasionally.

Cook onion and green pepper in fat until tender; remove from fat.

Add meat to fat. If uncooked meat is used, cook until done.

Add remaining ingredients and heat thoroughly.

Pour a layer of the cooked corn meal into a greased baking dish, add meat mixture, and cover with rest of the corn meal.

Bake in a moderately hot oven (400° F.) 30 minutes.

To Complete the Meal

Serve with crisp green salad with cheese dressing, and cherry tart.

Other Meat Pies

Left-over meat, gravy, and cooked vegetables may be used in meat pies. Heat together, put into a baking dish, and cover with rounds of baking powder biscuit dough. Bake in a hot oven (450° F.).

Potatoes . . .



THOUGH American in origin, potatoes form the backbone of the diets of a number of other nations. American homemakers, too, often make a potato dish the main part of the meal because potatoes are economical and well-liked.

Potatoes yield food energy and important minerals and vitamins. They also contain a little protein. This little protein, with the small amounts of protein we get from bread and other cereal foods, adds up to a sizable total over the day.

Potato protein is improved when potatoes are served with foods that have high quality protein such as meat, fish, cheese, milk, or eggs.

Potatoes pack good food values under their brown jackets. The best way to get the most food value from potatoes is to cook them in their jackets. So start with potatoes boiled in their jackets, whether you have them mashed, creamed, parslid, or hashed brown. Boiling in the skins conserves even more vitamins than baking potatoes.

Make servings of the potato dish hearty. To increase the amount of protein, serve potatoes with a more concentrated protein food—with meat in hash, scalloped with cheese, or scrambled with eggs. If the meal's protein remains short, have milk to drink for everyone or use cheese in the salad or dessert. Or dessert may contribute added protein if it is custard, pumpkin or cream pie, or pudding. For these contain eggs and milk.

In buying, remember that the best potatoes are firm and clean and free from cuts, decay, sprouts, or green spots.

Medium-size potatoes are usually the most desirable for general use. But the size you choose should depend on how you plan to use them.

There are two types of potatoes—the mealy flaky varieties and the firm waxy kinds that hold their shape. For good mashed or baked potatoes use the mealy types. For salads and creamed potato dishes use the waxy varieties.

Sort potatoes before you store. Take out the decayed ones and set aside any bruised or cracked ones to use first.

Potatoes of the late crop are best for storing. Keep potatoes cool but not cold. And keep in a dark place for light may give them green spots. Of course, you can cut off the greenish part and eat the rest, but the green spots still cause waste.

Potato and frankfurter soup

2 cups diced potatoes
1 small onion, sliced
1½ cups boiling water
2 frankfurters
1¾ teaspoons salt
Pepper
2 cups milk
2 tablespoons minced parsley

COOK potatoes and onion in boiling water until soft. Put through a ricer or mash slightly.

Cut frankfurters into ¼-inch slices.

Add frankfurters, seasonings, and milk to potato mixture.

Heat thoroughly, add parsley, and serve.

To Complete the Meal

Serve with a salad of chopped lettuce, tomato, celery, and cheese. Have dried fruit upside-down cake for dessert.

For Variety

Salami or other luncheon meat, cut in pieces, may be used instead of frankfurters. Allow one slice per person. Or sprinkle the soup with chopped cooked ham before serving.

Salt pork, bacon, or fresh sausage may be used. Dice or crumble the meat and fry until crisp before adding it to the soup.

Meat-potatoburgers

¾ pound ground beef
¾ cup ground or coarsely grated raw potato
¼ cup ground or grated onion
2 tablespoons chopped green pepper
1 teaspoon salt
1 egg
Drippings or other fat
1 cup tomato juice or puree
1 tablespoon flour

MIX all ingredients except fat, tomato juice, and flour. Form into 4 or 5 flat cakes.

Brown cakes on both sides in fat in a frying pan. Add tomato juice, cover, and simmer slowly until done—about 25 minutes.

Remove cakes and keep hot. Mix flour with a little water and stir slowly into tomato juice. Cook slowly, stirring constantly until thickened. Pour sauce over cakes.

To Complete the Meal

Serve with squash or other vegetable, and apple-celery-raisin salad. Peanut butter cookies will add more protein.

With Cooked Meat and Potatoes

Meat and Potato Cakes.—Combine 1½ cups diced or ground cooked meat, 2 cups mashed potatoes, 1 egg, and 2 tablespoons minced parsley. Mold into flat cakes, flour lightly, and brown in a little hot fat.

Scalloped potatoes with liver

6 medium-sized potatoes, sliced
2 medium-sized onions, sliced
Milk
1/2 pound sliced liver
Salt, pepper, flour

PUT a layer of potatoes into a greased baking dish, sprinkle with salt and pepper. Add a few slices of onion. Continue until all are used, making the top layer potatoes. Add enough milk to cover.

Cover the dish and bake in a moderate oven (350° F.) about 40 minutes or until potatoes are almost tender.

Meanwhile, sprinkle liver with salt, pepper, and flour. Brown lightly in a little fat. Cut into small pieces.

Sprinkle liver over potatoes, and continue baking, covered, until potatoes are done.

To Complete the Meal

Serve with tomato juice, snap beans or cauliflower, and carrot and cabbage salad. Choose a fruit dessert such as dried-fruit whip.

Other Potato-Meat Dishes

Use cheese, cooked ham, beef, or other meat in place of liver.

Mashed Potato - Meat Pie. — Moisten left-over mashed potatoes with hot milk and beat until fluffy. Put a meat stew in a baking dish, top with the potatoes and brown lightly in a hot oven (400° F.).

Potato pancakes with cheese sauce

2 cups grated raw potato
1/4 cup milk
1 egg, beaten slightly
2 tablespoons flour
1 tablespoon finely chopped onion
1 teaspoon salt; pepper

STIR grated potato immediately into milk. Add other ingredients.

Drop mixture by spoonfuls into a greased frying pan and cook slowly until well browned and crisp on both sides.

Cheese Sauce

4 tablespoons fat
4 tablespoons flour
2 cups milk
1/2 pound cheese, shaved thin (about 2 cups)
Salt and pepper

Melt fat, blend in flour, and add milk slowly. Cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese. Stir until cheese is melted. Season with salt and pepper.

To Complete the Meal

Serve with kale, a celery and carrot salad, and fruit shortcake.

For Variety

Serve pancakes with a ham and egg sauce. Use 1 1/2 cups diced cooked ham and 2 chopped hard-cooked eggs instead of the cheese.

Fried potato and egg scramble

2 slices bacon
4 medium-sized potatoes, sliced thin
1 teaspoon salt
4 eggs, beaten
1/4 cup milk
Pepper

FRY bacon slices and remove from frying pan.

Fry potatoes in the fat until they are well browned, sprinkling with salt as browning starts.

Cover pan closely. Cook over low heat until potatoes are tender.

Combine egg, milk, and pepper. Pour over potatoes in pan and cook slowly, stirring occasionally, until eggs are set.

Crumble bacon slices and add just before removing pan from heat. Serve at once.

To Complete the Meal

Serve with scalloped tomatoes or eggplant, spinach or kale, pear and cottage cheese salad, cookies.

For Variety

Bits of cooked ham, chipped beef, or any cooked meats may be used in place of the bacon in this recipe. Fry the potatoes in bacon fat or other meat drippings when omitting the bacon. Thin slices of sausages or minced chicken livers are especially good.

Small cubes of cheese or flakes of smoked fish are other welcome additions with their own distinctive savory flavor.

Potato nests with eggs

1 1/2 cups left-over mashed potatoes
5 eggs
Salt and pepper

MIX potatoes with one of the eggs. Shape mixture into four balls, place on greased baking sheet.

Press centers of balls to make cups. Break an egg into each cup, season with salt and pepper.

Bake in a moderate oven (325° F.) 20 to 25 minutes or until eggs are as firm as desired.

To Complete the Meal

Serve with pan-fried cabbage, crisp salad with cheese dressing, and spice cake.

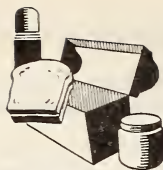
For Variety

Add 1/4 cup grated cheese and 1 teaspoon grated onion or onion juice to the potato mixture.

Bake the potato cups and fill with a mixture such as creamed salmon and peas or creamed chicken and celery.

Mix 3/4 cup chopped cooked ham with 2 cups mashed potatoes; season. Add the yolk of 1 egg and fold in the stiffly beaten egg white. Use this mixture to line a baking dish and bake 30 minutes in a moderate oven (325° F.) until potatoes are slightly browned. Fill the potato "nest" with this mixture, well heated: 1 1/2 cups white sauce, 4 hard-cooked eggs sliced, 1/4 cup chopped cooked ham.

Lunch box main dishes . . .



TO PACK a good lunch box takes more planning than many a meal that goes on the family dinner table. For the lunch box should be chock full of food value when it's lunch for men in heavy work or school children. And outdoor picnic lunches must be designed for satisfying hungry appetites.

Sandwiches, when filled with high-protein food, can serve as a main dish. And luckily, almost everyone likes them. The high-protein foods are meat, eggs, cheese, fish, and peanut butter. Peanut butter sandwiches rate especially high in nutrients since the peanut butter is highly concentrated. The peanut protein is good and supplements the protein of wheat in the bread.

Sandwiches should not be dry and tasteless. Make them moist and well-seasoned by adding bright tart jellies to peanut butter fillings or salad dressing and lettuce to fillings of sliced meat or cheese. And spread the fillings clear to the edge of the bread.

Using different breads provides sandwich variety. Raisin or rye bread is good with cheese. Boston brown bread sandwiches are delicious with cream cheese fillings.

Interesting sandwich fillings can be devised if you are original. Make the brown bread sandwich tasty by adding chopped raisins and fruit juice to the cream cheese. Or mix hard-cooked egg yolks and crisp bits of bacon with mashed bananas, lemon juice, and mayonnaise, for something new and different. A scooped-out roll stuffed with salmon or egg salad makes a hearty sandwich for good eating.

Leave crusts on the bread to avoid waste and help keep the sandwiches moist. Be sure to wrap sandwiches neatly in waxed paper if you would protect their freshness.

You can pack salads or well-seasoned cottage cheese in covered paper containers or small screw-top jars. Almost any mixture that is good served cold can be carried in a lunch box this way. Hot soups hearty enough for a main dish can be put in a thermos bottle.

Sandwich fillings and salad mixtures should be kept cold until eaten because they spoil quickly if left in a warm place. In preparing sandwiches for the lunch box, consider the length of time they must be kept. Use fillings that will not soak into the bread, especially if the sandwiches must stand awhile.

Pack crisp things such as carrots or celery strips separately, whenever possible.

Salads

Deviled Eggs.—Make deviled eggs as usual. Chopped peanuts or cooked meat mixed with the yolks are good additions.

Meat and Macaroni Salad.—Mix equal parts of cooked meat and macaroni. Add chopped pickles and salad dressing.

Meat and Bean Salad.—Use dried beef broken in pieces, or chopped cooked corned beef. Mix with cooked dry beans or peas, chopped onion, and salad dressing.

Potato Salad With Meat.—Use chopped ham or bacon. Mix with chopped pickles, celery, and onion, and salad dressing.

Meat and Fruit Salad.—Use any finely chopped cooked meat. Add chopped raisins or dried apricots, and salad dressing.

Egg and Beet Salad.—Combine sliced hard-cooked eggs and pickled beets. Add crisp endive or other salad greens.

Kidney Bean Salad.—Combine drained cooked kidney beans, diced celery, dill pickles, and cubed Cheddar cheese. Moisten with mayonnaise.

Fish Salad.—Combine left-over cooked fish, as halibut or canned salmon, with diced celery, cooked peas, and tart salad dressing.

Chicken Salad.—Mix equal parts of chopped cooked chicken and celery. Add salad dressing and, if desired, thin slices of pickles or stuffed olives.

Sandwich fillings

Sliced Meat.—Use two thin slices of cooked meat with jelly or vegetable between. Good combinations are: Lamb with mint jelly; veal with currant jelly; beef with parsley or thinly sliced tomato and salad dressing; tongue with watercress or horseradish and salad dressing; chicken with apple jelly.

Salt Pork or Bacon.—Mix chopped lean salt pork or bacon, fried crisp, with one or more of the following: Chopped hard-cooked eggs, raw cabbage, onion, cottage cheese, pickles.

Bean.—Mix baked beans with thick chili sauce, or plain-cooked dry beans with chopped pickles and onion.

Peanut Butter.—Mix equal parts of peanut butter and chopped raisins or other dried fruit. Or use coarse-grind peanut butter with chopped pickles and minced onion.

Cheese Salad.—Allow $\frac{1}{4}$ cup chopped cheese to each sandwich and add chopped vegetables. Season to taste.

Cottage Cheese.—Mix cottage cheese with chopped celery or grated carrot, chopped pickles, and nuts.

Fish.—Mix flaked cooked fish or canned salmon with minced cabbage and salad dressing. Or use sardines mashed with hard-cooked egg yolks.

Egg.—Combine chopped hard-cooked egg, celery, pickles, and mayonnaise.

Other main dishes for the lunch box

Hot Soup.—Pack in a thermos bottle. A thick bean soup, split pea soup with thin slices of frankfurters, or homemade vegetable soup with rice or barley, are suitable. As are hearty chowders, such as tomato-lima bean, corn, or fish chowders.

Meat Stews.—Any meat stew with vegetables and gravy would be good served hot from the thermos bottle.

Baked Beans.—Serve cold in individual bean pots or screw-top jars. Add catsup or salad dressing.

Cheese.—Large cube or slice of cheese. A serving of cottage cheese varied with chopped chives or minced pickles.

A Hard-Cooked Egg.—Plain or stuffed. The filling may be varied with minced celery, mustard, chopped parsley, onion, or chili sauce.

Chicken or Chop.—A cold drumstick or chop or any cooked meat to be eaten out of hand.

Boiled Ham Slices.—Thin slices, spread with minced vegetables and cottage cheese, rolled up, fastened with toothpicks.

Smoked Fish.—Boned and skinned, packed in serving size pieces. Sardine fillets drained and wrapped are readily acceptable.

Variety Meats.—Luncheon meat, liver sausage, or bologna are popular for the lunch-box main dish. Always ready to serve, all give as good or better returns in protein per pound than most fresh meat.

To complete the lunch box meal

Plan the lunch box meal to include some contrast in flavors and textures. It is most appetizing when it contains something moist to offset the dry foods, something tart to offset the sweet and mild foods, and something crisp as well as something soft.

Relishes.—Raw vegetables add crispness. Some good accompaniments to sandwiches are juicy pickles, carrot and celery sticks. Try pieces of cauliflower, slices of turnip, cucumber, or onion, or leaves of lettuce rolled together.

Desserts.—If the main dish is soup or salad, put in cake or cookies for dessert. If the main dish is a sandwich, choose a juicy fresh fruit to go with it.

Fresh fruits, with or without cookies, are easy and acceptable desserts. Apples, oranges, and bananas are very popular, but pears, plums, sweet cherries, peaches, and grapes are good too.

Baked fruits can be packed in glass jars. In place of apples, bake pears, peaches, or bananas occasionally.

Sweet fruit desserts such as tarts, dried fruit in cakes or filled cookies, and fruits cooked in sirup taste best after a tart salad or mild-flavored soup or sandwich.

Milk puddings and baked custard may be carried in cold weather and are useful when the main dish is low in protein.

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THESE RECIPES CAN HELP YOU

Money-Saving Main Dishes can help you cut your food costs. These recipes—as a regular guide to economical, nutritious meals—can reduce your food bills, perhaps as much as a third in meat alone. This is a way to safeguard your family's diet and to save food to fight for democracy.

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